

## Re-Motivate Me

I had a bad patch of health in 2010.

Out of the blue, I was diagnosed with bowel cancer. Me! Known to some friends as “the vege queen”! So I was not expecting that at all. Treatment moved fast but I then had a series of bad luck. In the first operation, an additional problem was caused. A second operation fixed that but I stayed in hospital a lot longer than expected and then had an infection. Whew: finally home after 16 days. Good news, the surgery healed within the optimum time of 6 weeks and back into hospital I went for the next stage.

Excellent. Except that then I had problems from the first surgery (totally normal sadly) so back into theatre for another major operation (my fourth by now). Then systems (if you get my meaning) took ages to kick back into action. So a 3 day hospital stay turned into another 15 day one. And, joy of joys, there is still chemo to look forward to. I had a meltdown.

However, I was persuaded that chemo would be a whole different kind of beast and to put my trust back in the universe. Had my first doses of both intravenous and pill chemo. All fine until 4 days later when I collapsed on the couch and could not get off. Back to the doctors who this time said that my heart was affected by the chemo. Carry on and risk my heart stopping or stop? At this point I decided to stop and let my body heal itself!

So after a few weeks of recovery on the couch it was time to pick myself up and get back on the horse: work; housework; exercise; eating properly etc. Just one small problem. By now my head did not believe in the universe any more. I was frankly terrified of the world and no amount of daily self-admonitions could get me back into living normally.

Long story short: I needed to let go and find a way to re-motivate myself.

So I laid out the Future Focus cards. **I decided to focus only on those things that I loved.** I pulled out cards related to reading for pleasure, seeking new things to learn, researching a subject of interest, activities that enhanced relaxation.

I then gave myself permission: to do only the things on those selected cards and nothing else. No expectations. My theme was reading – a luxury I normally only allowed myself when all else was done. But I couldn’t do anything else so I let myself read anything and everything. One rule only; that it be 70% work related and 30% fiction.

Within 7 days of my new freedom to read I noticed something strange. I was actually keen to get to the computer each morning to research or read about topics that I knew would be of interest to my clients. And then I wanted to share those with clients. And then I was back on the horse – at a trot, not a gallop, but moving forward!

I share this story for those who have been dealt a tough time and are feeling un-motivated. Rather than give yourself permission to wallow or feel like a victim or hard done by, **please discover the things you love doing and give yourself permission to do those** (I shall assume here that they are not illegal or harmful to others!) See if that can allow you to start moving on. I wish you all the best.

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